



**SYLLABUS of the MODULE (SUBJECT)
General Information**

Module title: Nutrition during pregnancy and pediatrics	
Module type	Facultative
Faculty PMU	Faculty of Dentistry
Major	Dentistry
Level of study	long-cycle (S2J)
Mode of study	full-time studies
Year of studies, semester	Year 2, semester IV
ECTS credits (incl. semester breakdown)	2
Type/s of training	lectures (15 h) / practical (10 h)
Form of assessment*	<input checked="" type="checkbox"/> graded assessment: <input type="checkbox"/> descriptive <input checked="" type="checkbox"/> test <input checked="" type="checkbox"/> practical <input type="checkbox"/> oral <input type="checkbox"/> non-graded assessment <input type="checkbox"/> final examination <input type="checkbox"/> descriptive <input type="checkbox"/> test <input type="checkbox"/> practical <input type="checkbox"/> oral
Head of the Department/ Clinic, Unit	Prof. dr hab. n.med. i n. zdr. Małgorzata Szczuko Department of Bromatology and Nutritional Diagnostics PUM Powstańców Wlkp. 72 Av; MCD1 building; 1st floor; room 111; Tel. 914661644; bdz@pum.edu.pl
Tutor responsible for the module	Prof. dr hab. n.med. i n. zdr. Małgorzata Szczuko Malgorzata.szczuko@pum.edu.pl
Department's/ Clinic's/ Unit's website	www.pum.edu.pl/studia_iii_stopnia/informacje_z_jednostek/wfbmiml/
Language	English

* replace into where applicable

Detailed information

Module objectives		Conveying knowledge about the importance of proper nutrition during pregnancy and at various stages of a child's development is of fundamental significance. It encompasses developing the ability to assess the nutritional status of pregnant women, infants, and children, as well as planning a well-balanced diet based on current standards and recommendations. It also involves raising awareness of the relationship between early-life nutrition, metabolic programming, and the prevention of lifestyle diseases
Prerequisite /essential requirements	Knowledge	Foundations of biology and physiology.
	Skills	The ability to evaluate the principles of rational nutrition across different life stages and physiological conditions, as well as to assess the reliability of data obtained in scientific research.
	Competences	Recognizing and identifying one's own limitations and educational needs.

Description of the learning outcomes for the subject /module			
No. of learning outcome	Student, who has passed the (subject) knows /is able to /can:	SYMBOL (referring the standards)	Method of verification of learning outcomes*
W01	Knows and understands human vital functions	B.W17	K/R
W02	Impact of oxidative stress in case of cells and its meaning in pathogenesis of diseases and the process of body ageing	C.W9	K/R
W03	knows and understands the impact on the human organism of physical factors, chemical factors and biological factors as well as of avitaminosis and stress	E.W3	K/R
W04	knows and understands the impact of nutrition and use of alcohol and other psycho active substances by a pregnant woman on the growth of foetus	E.W.18	K/R
W05	knows and understands the principles of motivating the patient to pro-health behaviours and human behaviours which contribute to health maintenance	D.W9	K/R
U01	is able to use simple measurement apparatus and assess the precision of conducted measurements	B.U6	O/S
U02	is able to conduct simple functional tests assessing the state of human organism as well as the stable regulation system (stress tests and exercise test) and interpret numerical data concerning the basic physiological variables	B.U7	O/S
U03	is able to analyze clinical course of diseases in pathological processes	C.U5	O/S
U04	is able to take actions to improve the patient's quality of life and prevent deterioration thereof in the future	D.U10	O/S
U05	is able to perform differential diagnosis of most common diseases	E.U1	O/S
U06	is able to interpret results of laboratory tests	E.U.4	O/S

K01	is ready to be guided by the patient wellbeing	K.2	O/S
K02	is ready to notice and recognize own limitations, make self-assessment of educational deficits and needs	K.5	O/S
K03	is ready to draw conclusions from own measurements or observations	K.8	O/S

Table presenting LEARNING OUTCOMES in relation to the form of classes							
No. of learning outcome	Learning outcomes	Type of training					
		Lecture	Seminar	Practical	Clinical classes	Simulations	E-learning
W01	Knows and understands human vital functions	X					
W02	Impact of oxidative stress in case of cells and its	X					
W03	knows and understands the impact on the human	X					
W04	knows and understands the impact of nutrition and use	X					
W05	knows and understands the principles of motivating	X					
U01	is able to use simple measurement apparatus and			X			
U02	is able to conduct simple functional tests assessing the			X			
U03	is able to analyze clinical course of diseases in			X			
U04	is able to take actions to improve the patient's quality			X			
U05	is able to perform differential diagnosis of most			X			
U06	is able to interpret results of laboratory tests			X			
K01	is ready to be guided by the patient wellbeing			X			
K02	is ready to notice and recognize own limitations, make			X			
K03	is ready to draw conclusions from own measurements			X			

Table presenting TEACHING PROGRAMME			
No. of a teaching programme	Teaching programme	No. of hours	References to learning outcomes
Summer semester			
Lectures			
TK01	The Most Common Difficulties in Conceiving in Women (PCOS; Endometriosis)	2	W01; W02; W03; W05
TK02	Pregnancy Planning and the Period of Pregnancy and Proper Nutrition	2	W01; W02; W03; W04; W05
TK03	Basic Nutritional Physiology in Children and Newborns	2	W01; W03; W05
TK04	Breastfeeding and Formula: Expanding Infant Diets	2	W01; W03; W05
TK05	Nutrition of Preschool and School-Age Children	2	W01; W03; W05
TK06	Nutrition in Childhood Illnesses	2	W01; W03; W05
TK07	Early Nutrition and Metabolic Programming	1	W01; W02; W04; W05
TK08	Assessing Nutritional Status in Children	2	W03; W04; W05
Practical classes			
TK01	Nutritional Standards and Menu Planning	3	U01; U03; U04; K01
TK02	Diet – Application, Components of a Properly Planned Menu	3	U01; U02; U04; K01; K02; K03

TK03	Diet – Infants at Risk for Food Allergies	3	U02; U03; U04; U05; K01;K02; K03
TK04	Test and Discussion/Report and Discussion	1	U01; U02; U03; U04; U05; K03

Booklist	
Obligatory literature:	
1. Normy żywienia dla populacji Polski – NPZ; 2025r. pod red. Ewa Rychlik, Katarzyna Stoś, Agnieszka Woźniak, Hanna Mojska. chrome-extension://efaindbmnnnibpcajpcglclefindmkaj/https://www.pzh.gov.pl/wp-content/uploads/2025/01/normy-02.01.pdf	
2. Nutrition Strategy and Life Style in Polycystic Ovary Syndrome-Narrative Review. <i>Nutrients</i> . 2021 Jul 18;13(7):2452. doi: 10.3390/nu13072452	
3. Dietary Natural Compounds and Vitamins as Potential Cofactors in Uterine Fibroids Growth and Development. <i>Nutrients</i> , 09 Feb 2022, 14(4):734. https://doi.org/10.3390/nu14040734	
4. Jarosz, M.; Rychlik, E.; Stoś, K.; Charzewska, J. Copyright by the National Institute of Public Health—National Institute of Hygiene. 2020.	
Supplementary literature:	
1. The Role of Arachidonic and Linoleic Acid Derivatives in Pathological Pregnancies and the Human Reproduction Process. <i>Int J Mol Sci</i> . 2020 Dec 17;21(24):9628.doi: 10.3390/ijms21249628.	

Student's workload	
Form of student's activity (in-class participation; activeness, produce a report, etc.)	Student's workload [h]
	Tutor
Contact hours with the tutor	25
Time spent on preparation to seminars/ practical classes	10
Time spent on reading recommended literature	10
Time spent on writing report/making project	10
Time spent on preparing to colloquium/ entry test	15
Time spent on preparing to exam	
Other	
Student's workload in total	70
ECTS credits for the subject (in total)	1
Remarks	
Choosing the Form of ECC Verification Depending on Group Size and Group Collaboration/Involvement	

* Selected examples of methods of assessment:

EP – written examination

EU – oral examination

ET – test examination

EPR – practical examination

K – colloquium

R – report

S – practical skills assessment

RZĆ – practical classes report, incl. discussion on results
O – student's active participation and attitude assessment
SL – lab report
SP – case study
PS - assessment of student's ability to work independently
W – entry test
PM – multimedia presentation
other...